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DAFNE (Dose Adjustment For Normal Eating): Methodology and Quality Assurance for Exploratory trial.

The DAFNE Study Group*¹

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Background: Testing of complex interventions such as training programmes must ensure that essential elements are accurately transferred.

Aim: To transfer the Düsseldorf 5-day in-patient programme in intensive insulin therapy to 3 UK outpatient sites.

Method: The translated curriculum and patient handbook, approved by UK experts in adult education and Düsseldorf staff, were reviewed line by line by 10 UK diabetes educators and 3 doctors who unlearned, and learnt new attitudes, skills and knowledge to food prescription and patient autonomy. Skills and knowledge developed via curriculum preparation, a Düsseldorf led 3-day skills-based workshop and a training day on teaching methods and resources, were consolidated during 24 UK courses. 2 teachers (OFSTED experienced), observed the first course in each site, provided feedback and refined observational checklists used in 'peer' educator visits and by the German educator who confirmed the delivery of all essential components.

Conclusion: Although requiring considerable resources and planning, these methods could support further research or roll-out of the DAFNE approach to other centres.